

THE DISEASE MISCONCEPTION 5-2-23

BILLYWATSON.TV

DR. ANDREW KAUFMAN INTERVIEWED BY BILLY WATSON

SUMMARY/ABSTRACT

"Exploring Andrew Kaufman's Fasting Journey And The Benefits Of Natural Healing"

Andrew Kaufman is a returning guest on Billy Watson TV and the two have built up a rapport. Billy asked Andrew what he has been up to since their last conversation about water fasting. Andrew has done several fasts since then, including a 26 day water fast and a seven day water fast. He did the fasting not for any serious health problems but to gain personal experience before recommending or teaching anyone a certain healing technique. He has followed this self-imposed rule or ethic since the beginning, and wanted to gain experience of fasting because he knew it was a powerful healing tool.

The conversation discusses the role of drugs and other bioactive substances in the body. It is suggested that rather than having a direct action, they induce a reaction from the body which can often be a detoxification reaction. An example of this is when vegetables are consumed and they trigger a larger detox. It is proposed that this is simpler than when looking at diet which contains many things, such as herbal laxatives. Ultimately, the body can heal itself when these drugs are taken.

The two speakers discussed how antibiotics are helpful and toxic at the same time. They work by killing bacteria which can bring about healing, but also can cause collateral damage to the body. They also discussed how antibiotics can turn off the body's inflammation pathway, which can be helpful but also can lead to symptoms such as pain, redness, and swelling. The speaker then used the example of banging one's fingertip to explain how the body can move past the inflammatory phase.

In the conversation, the speaker discussed the common symptoms of an injury, such as swelling, pain and numbness. The speaker then explained why these symptoms occur, explaining that the swelling is a result of increased blood flow to the injured area, which brings more nutrients to handle the repair and removes waste products. The speaker also discussed why the swelling can be painful, explaining that it is to tell us to stop moving it around and allow it to heal. They then discussed how the swelling can be beneficial, by immobilizing the tissue and preventing shearing forces from damaging the wound margin. Lastly, the speaker discussed the common use of ice for an injury, explaining its scientific source and why it may not actually be beneficial. Ultimately, the speaker concluded by

discussing the old Jewish remedy for a cold, which is chicken soup, explaining that it is beneficial because it contains collagen, which provides raw materials for repair.

Timestamps

0:00:27

Conversation between Billy Watson and Andrew Kaufman on the Benefits of Water Fasting

0:02:47

Conversation on the Role of Drugs and Herbs in Healing the Body

0:05:19

The Effects of Antibiotics on the Body

0:07:35

"Exploring the Benefits of Inflammation and Other Injury Treatments"

0:12:19

Heading: Boosting the Body's Ability to Repair Itself During a Detoxification Process

0:14:45

Conversation on Air Filters, Antibiotics, and the Carnivore Diet

0:16:26

Exploring the Carnivore Diet: A Discussion on Health and Nutrition

0:18:13

Heading: Exploring the Benefits of a Carnivore Diet and the Dangers of Processed Oils

0:24:02

Heading: Exploring the Long-Term Effects of Unconventional Diets

0:26:31

Discussion of Vitamin C Requirements for Low-Carb Diets

0:28:35

Investigating the Causes of Scurvy: A Review of Current Literature

0:33:17

Exploring the Myth of Scurvy: Examining the Evidence Behind Vitamin C's Role in Recovery

0:35:28

Heading: Exploring the Power of Mind Tricks and Cell Salts

0:38:18

Conversation on Cell Salts and End of COVID Conference Speakers

0:40:25

Heading: Investigating Alternative Treatments for Cancer

0:44:05

Conversation on the Benefits of Distilled Water and Mineral Intake from Food

0:49:23

Conversation on the Benefits of Listening to the Body and Detoxing for Acne

0:52:00

Exploring the Best Diet for Optimal Health: A Conversation with Charlie Anthony

0:56:47

Heading: Exploring the Benefits of Raw Milk with Andrew Jones

Highlights

And that sort of does quasi happen because the inside of our gut is considered the outside of our body. Right. It has to pass through the wall of the gut somewhere to get truly inside of our body. So when material comes into our gut, into our stomach, the body wants the material there, even though it's outside the body, to be at the same concentration or osmolality as the body's fluids. So if we eat a dry meal of just solutes, then the body has to secrete free water into there to dilute it to 300 millazms roughly. Right.

Now, our blood, for example, or interstitial fluids, are around 300 milliasms per liter. So in other words, more than ten times as many minerals in our blood as in the mineral water. So now distilled water has zero. Okay? But think about the difference between zero and 20 to 30 is not that great as the difference from 20 to 30 to 300. So in other words, if water leaches minerals out of our body, whether it's distilled water or mineral water, it's going to leach minerals out of our body.

Well, this is a common misperception. I just think it comes from a lack of knowledge of exactly what happens to water when it enters your body and what exactly is the difference between different waters. So one thing is that the source of electrolytes and minerals for

our body is not water, it's food. Even if you look at mineral water, that naturally occurs the osmolality, which is the concentration of the solutes in the water. So how much stuff is there in the water? Right. In terms of minerals, it's only between 20 and 30 milligrams per liter.

Just with regard to water and how good a distiller because when you see the water coming out the tap and generally it's pretty bad. You can taste it was drinking tea, it's like that's off and it's like the metallic taste in it. So the water is superb. Now, I love the water, but some people say that it doesn't have minerals in it and you need minerals from the water actually drinking the distilled water somehow dragging minerals out of you and into your urine or something like that.

Yes. No, I mean, it's true. You're right that much of the death from cancer is actually from the treatment of the cancer. But cancer itself can also be fatal. Like I've seen, for example, with leukemia, it's rapidly fatal. But it's interesting because in medical research, they consider it unethical to do cancer studies with a true placebo group where they don't do any treatment. So it's very difficult to know what is really the natural history of a cancer because almost all of the documented cancer outcomes in modern medical public publishing, they've all gotten conventional treatment pretty much, or some form of treatment. And that's why you have to look at other sources of data or you have to make inferences.

QUOTE #1

And that sort of does quasi happen because the inside of our gut is considered the outside of our body. Right. It has to pass through the wall of the gut somewhere to get truly inside of our body. So when material comes into our gut, into our stomach, the body wants the material there, even though it's outside the body, to be at the same concentration or osmolality as the body's fluids. So if we eat a dry meal of just solutes, then the body has to secrete free water into there to dilute it to 300 milligrams roughly. Right.

QUOTE #2

Now, our blood, for example, or interstitial fluids, are around 300 milligrams per liter. So in other words, more than ten times as many minerals in our blood as in the mineral water. So now distilled water has zero. Okay? But think about the difference between zero and 20 to 30 is not that great as the difference from 20 to 30 to 300. So in other words, if water leaches minerals out of our body, whether it's distilled water or mineral water, it's going to leach minerals out of our body.

QUOTE #3

Well, this is a common misperception. I just think it comes from a lack of knowledge of exactly what happens to water when it enters your body and what exactly is the difference between different waters. So one thing is that the source of electrolytes and minerals for our body is not water, it's food. Even if you look at mineral water, that naturally occurs the

osmolality, which is the concentration of the solutes in the water. So how much stuff is there in the water? Right. In terms of minerals, it's only between 20 and 30 milligrams per liter.

QUOTE #4

Just with regard to water and how good a distiller because when you see the water coming out the tap and generally it's pretty bad. You can taste it was drinking tea, it's like that's off and it's like the metallic taste in it. So the water is superb. Now, I love the water, but some people say that it doesn't have minerals in it and you need minerals from the water actually drinking the distilled water somehow dragging minerals out of you and into your urine or something like that.

QUOTE #5

Yes. No, I mean, it's true. You're right that much of the death from cancer is actually from the treatment of the cancer. But cancer itself can also be fatal. Like I've seen, for example, with leukemia, it's rapidly fatal. But it's interesting because in medical research, they consider it unethical to do cancer studies with a true placebo group where they don't do any treatment. So it's very difficult to know what is really the natural history of a cancer because almost all of the documented cancer outcomes in modern medical public publishing, they've all gotten conventional treatment pretty much, or some form of treatment. And that's why you have to look at other sources of data or you have to make inferences.

QUOTE #6

So cell salts are basically some mineral salts of various minerals like potassium, phosphorus, sodium, and others, and they hearken back to kind of ancient esoteric knowledge. I believe in disciplines like in alchemy and related to astrology as well, and they are ascribed to have various biological functions or associate with various organ systems. Now, this is an area that a lot of people have mentioned to me periodically, including Martin, who is a guy who ran my website and was a team member of mine for several years, is very interested in this topic.

QUOTE #7

So in other words, whatever the symptoms that they had that were causing scurvy, like the bleeding in the joints, it had nothing to do with vitamin C because when they fed them a diet of vitamin C, they still got scurvy. Now, what was common to all the diets is that one, they weren't the natural diet of the animal. So it made them essentially have to use food that's not their normal food. And then most of the diets were based on milk from another species, cow milk.

QUOTE #8

Because unless they're eating thymus, which is sweet breads or the spleen of the animal, and there are a lot of people in the carnivore community that don't feel you need to eat any organ meat or some even think that organ meat is dangerous and they just eat muscle meat. Right. And they are healthy after decades of doing this. So they got something like a 10,000 of the dose of vitamin C. That's the minimum requirement according to the USDA.

QUOTE #9

Certainly vitamin B twelve would be absent from the diet. Right. But he hasn't suffered the consequences of those deficiencies or had any illness, significant illness. Right. So also with people on the carnivore diet for long term, there are some nutrients which are said that they're important or required, but they're not really present in the meat that folks are eating, right? And so that would be like one thing is fiber, for example.. So the carnivore folks, or some keto folks too, they have pretty much almost zero fiber in their diet. I mean, some keto folks will eat salads and things, but if they're on a really super low carb, they would have essentially no fiber in the diet. So what are the consequences of that? Certainly people might say, well, just constipation, but those carnivores are not constipated. But the big one for me and that I've done a fair amount of research on this, is why don't they have scurvy?

QUOTE #10

Well, this is what happened with the cholesterol was kind of got demonized. So then people then started cutting the fat off their meat and things like that. Then they went on fruit and vegetables. And Anthony was saying basically we've got the recommended daily allowance for specific foods, but he's saying a lot of these foods are counteracting each other and breaking down things. But if you just take a lot of fruit and vegetables out and just eat the meat, that provides all our nutrients.